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ON THE OCCASION OF OUR 10TH ANNIVERSARY...

I want to take the opportunity to say a heartfelt thank you to those who have supported Nanny Angel Network and the work that we do. For 10 years we've supported moms with cancer by being there for her kids. Our support means that mom doesn't have to choose between her own care and caring for her children, and her kids get to focus on just being kids. In the last 10 years we've supported over 1,000 families and engaged hundreds of deeply committed volunteers who want to make a difference in children's lives. These efforts would not have been possible without your support.

In 2019 we celebrated some amazing wins. Thanks to a \$300,000 visionary gift by philanthropist Brit Smith and Homestead Land Holdings we made our first program expansion beyond the GTA, launching our first Nanny Angel satellite office in Kingston. In just 4 months we were able to help six families in the Kingston area and we're excited to see that program grow in the coming years.

Our innovation in cancer care was recognized when we were awarded with the international Astellas Changing Cancer Care Prize. This global challenge, which featured entries from 280 organizations around the world, aims to address the complexities of the cancer journey by funding the best ideas in cancer care beyond medicine. In October, our Kingston champion Leah Werry pitched our program to a panel of judges, leading to Nanny Angel Network being awarded the top prize and a gift of \$100,000 USD.

Our Child Life inspired program is so much more than just childcare. It's a fully integrated, community-based initiative that helps ensure kids have the tools they need to cope with their parent's illness. In 2019 we developed a series of unique coping kits and therapeutic play activities. These activities help kids build resilience and manage stress.







Summer can be a challenging time for families dealing with cancer. Kids are meant to enjoy carefree summers, but when a parent has cancer kids often miss out on the chance to be a kid. To help provide a sense of normalcy, in 2019 we launched the Ronda Green Camp Program for Children. With the generous support of the Green family we were able to send 28 kids to a camp of their choice so that they could experience some fun during a very difficult time.

One of the most difficult but valued aspects of our work

is the year of bereavement services that we provide to a family after a parent has died. In 2019 we supported 11 grieving families, providing the children with consistent care and the spouse with additional support while they mourned the loss of their loved one. And although our focus continues to be moms with cancer, in 2019 we provided support to 10 families where dad had cancer, ensuring that more children were able to benefit from our Child Life programming.

Our work would not be possible without the support of our donor community. In 2019 we hosted another incredibly successful Angels and Heroes Gala. The proceeds from that event, attended by over 500 supporters, as well as our corporate, foundation, third party, and individual gifts, helped us raise over \$1.4M in 2019.

We hope we can count on your support for the next 10 years.

With tremendous gratitude,

Audrey Guth, Board Chair









CHILD LIFE PROGRAMMING

Helping Kids Thrive



When a mom receives a cancer diagnosis she is confronted by a number of fears, not least of which is how will she continue to care for her children while she seeks treatment, and what will happen to those children if she dies. Nanny Angel Network knows a mom's primary focus is the health and well-being of her kids.

That's why NAN developed a Child Life informed childcare program that not only gives mom the time to rest, but reassures her that her kids will have the tools they need to cope with her illness, strengthening their resilience so that they can handle whatever life throws their way.

Child Life is a branch of psychosocial healthcare that helps children navigate stressful times so that they can handle life changing experiences that might otherwise throw them off their normal developmental path. A parent's cancer diagnosis can be one such traumatic event in a child's life, which if untreated can lead to a lifetime of issues and unfulfilled dreams. As NAN's Child Life Specialist Cassandra Di Clemente explains, "research shows that kids who experience trauma can grow up to experience a range of mental health disorders from anxiety and depression to suicidal ideation. They can withdraw from their friends and family, struggle in school and stop doing activities that they once loved. All of this can impact their ability to advance in life."

At NAN, our Child Life specialists help families navigate the difficult journey of coping with a cancer diagnosis so that their kids can continue to thrive. "Many parents don't know how to help their kids cope with a serious illness in the family, they think that their children are too young to understand, or that

they might scare them with too much information." Child Life specialists like Cassandra understand that we can support these kids by helping them understand what cancer is. "Studies show that if you have a conversation with a kid, using age appropriate words that they can understand, they have the ability to comprehend it and they cope better because of it."

Cassandra works closely with NAN families to ensure that each child receives an individualized program, customized to their age, and matches them with a volunteer that is best suited to help that child cope with their parent's illness. She works closely with NAN's volunteers to train them on how to use play to help children cope with different types of emotions.

In 2019 NAN developed specialized coping kits, a monthly activity that volunteers can use in their visits. The NAN slime kit provides a tactile kinesthetic release when kids are anxious, nervous, or excited. For children who are feeling alone or isolated there is Kindness Bingo, where kids are encouraged to do five kind acts to help alleviate feelings of loneliness that often come with a parent's hospitalization. The dragon breathing exercise helps kids learn deep breathing methods. They decorate their own fire breathing dragon out of a toilet paper roll and put streamers on the end so that it looks like fire is coming out. "Kids love the art activity, but what we're really teaching them is how to take a deep breath



in, because to make the fire come to life they have to breathe in really slowly, which is a great tool they can use when they're feeling anxious", explains Cassandra.

While many of NAN's clients have young children, Cassandra wants parents to understand that NAN's Child Life approach works equally well for older kids. "A five-year old copes best through play. Whereas a 15-year old needs someone to talk to and be there for them through all their different emotions. Our goal in the home is the same, to give them some undivided attention, follow their lead in moments of stress or struggle and respond by giving them the appropriate tool to cope."

This is never more critical than for a child who loses a parent. NAN provides up to a year of bereavement services and Cassandra and her team are on hand prior to the parent's death to help explain what is happening to the children. Once the parent dies, she works with the family to help them create rituals that reinforce a connection with the parent that has died, so that they can continue to live with the memory of that person in their lives. "That's a part that every family struggles with. It's hard to think about that person, but you need to leave some space, especially for kids, for that parent to live. I help families navigate that and find a way that feels authentic for them."

Cassandra believes that ultimately the NAN program highlights how resilient children can be when given the right tools, guidance, and emotional support to cope. "Often a parent will say, 'I was so afraid that they wouldn't be able to handle this conversation, but you've shown me that my kids are strong, and they'll be ok.' That's the best part of this work for me, getting to show parents that their child is able to conquer this."





2019 HIGHLIGHTS



PARTNERSHIP WITH MACKENZIE FINANCIAL



VOLUNTEER NETWORKING EVENT



WINTER CELEBRATION PARTY

2019 HIGHLIGHTS



ASTELLAS C3 PRIZE AWARD



SPECIAL GIFT FROM DEMETRIUS HARMON



DAVID YURMAN SHOPPING EVENT



DONOR APPRECIATION EVENING

OUR SUPPORTERS

La Fondation Emmanuelle Gattuso Hopes Their Support Will Encourage Others

You don't have to search very far to see the impact of Emmanuelle Gattuso's generosity on the health and well-being of Canadians. Most of us are familiar with her family's transformative gifts to institutions like the Princess Margaret Cancer Centre. But many of the organizations that La Fondation Emmanuelle Gattuso supports have far less profile and resources. What they all share is a commitment to creating change and innovation, client-centric care, and the ability to see a need and respond effectively.

The foundation, which launched in 2012, invests in healthcare, arts and culture, social services, and education across the GTA. Over the last few years the foundation has made a conscious effort to support smaller initiatives where their gift might not receive a lot of public exposure for the foundation, but where the investment can have an enormous impact on thecharity involved. As James Booty, Executive Director explains, "the foundation typically prefers to keep a low profile and tends to avoid exposure except where that exposure will benefit an organization it supports".

In 2017, the foundation became aware of one such initiative and saw value in taking a closer look. After witnessing an appearance by Nanny Angel Network's founder Audrey Guth on television, the foundation

began researching NAN. Recognizing that NAN filled an important gap in the cancer care space, they decided to donate funds, hoping that their support would help NAN grow. Booty says the foundation is keen to offer its support to small charities like NAN, "we are able to invest in projects that because of their fledgling nature might not attract traditional support, and we hope that by lending our name and profile that we will help create the momentum that leads to others recognizing their value."

To identify ground-breaking projects and respond to the ever-changing needs of the community, La Fondation Emmanuelle Gattuso values flexibility in its decision-making. This nimble approach allows it to respond with immediate help, such as when a local women's shelter's commercial refrigerator broke, threatening to halt its service of 400 daily



meals if it wasn't replaced. And it allows it to recognize and support the expansion of pioneering ideas, like an innovative program in Barrie that gives high school kids with special needs the opportunity to train service dogs, leading to huge benefits for the young people involved and the surrounding community.

Although the foundation values flexibility, one thing that is core to its mission is supporting initiatives that focus on the needs of the people being served. With NAN, Booty saw an organization that put the needs of the families at the centre of its work. "Nanny Angel Network has looked at what that mother and that family needs most and how it can provide that. It is not a babysitting service - there's a suite of things that it provides: it is a timeout; it is a relief; it is a support; it is counselling. It is education for the children to be able to articulate what's happening and it's giving the terminology to the parents to help them talk to their children. All those things are concentrated and focused on the needs of that family. And that's what makes this service so important."

The foundation's investment in Nanny Angel Network has more than doubled in the last few years, helping the organization serve more families living with cancer. Booty hopes that their support will help shine a light on the importance of this work and attract others who will recognize the Gattuso name and feel reassured that this organization can be trusted to deliver results, "when you see the reports, the testimony from the families, and the impact on the children, then that brings it to life and justifies that investment."





OUR IMPACT

126 **FAMILIES** SFRVFD

229 KIDS WHO HAD THE CHANCE TO BE KIDS A LITTLE LONGER

VOLUNTEERS RECRUITED

2072

NANNY ANGEL VISITS 6073 VOLUNTEER

VISIT HOURS



FAMILIES RECEIVING BEREAVEMENT SUPPORT

SLIME COPING KITS CREATED

FAMILIES THAT PARTICIPATED IN THE WINTER CELEBRATION

FAMILY GRADUATIONS **HUGS GIVEN**

TOO MANY TO COUNT.

NUMBER OF GIGGLES ENDLESS.

KIDS SENT TO CAMP FUNDED BY THE RONDA GREEN PROGRAM



Caroline, like many Canadians,

had received a letter in the mail reminding her to go for her regular physical with her family doctor. Although only in her early forties, she insisted on getting a mammogram as a precaution.

The next day she received a phone call and immediately knew something was wrong. Scans after scans followed and a few months later she got the devastating news of a stage 4 metastatic breast cancer diagnosis.

Her first thoughts were her kids. What was going to happen to them, and how was she supposed to break this life-altering news, knowing that her diagnosis was terminal. With kids aged 15, 13, and nine-year-old twins, there was no hiding this information from them.

Caroline soon began her treatments, but its side effects left her feeling arthritic, sleepy and generally weak. She wasn't able to partake in the usual family activities with her kids and had to depend more on her husband and her parents. "The life before and after diagnosis was completely different. I missed our annual Christmas concert for the first time, and we did not feel comfortable going to birthday parties full of kids because of the added risk. I started leaning on my husband and my parents to do those things with the kids so that they were less impacted. And as a parent, I felt I was missing out on the short term trying to be safe for the long term."

Caroline had recently completed her Masters degree, was working as a Managing Director at the Kingston Association of Museums, Art Galleries and Historic Sites (KAM) and had built a very structured life with her family. But after her diagnosis she had to take a leave of absence from her position and



eventually resign. Her husband, who was working as a high school teacher, switched to working in the board office for the needed flexibility. And Caroline found herself in a limbo when describing what she did for a living. "My kids were asked at school, 'what do your parents do?' And the answer would be, 'my dad is a teacher, and my mom does nothing.' Those were the kinds of moments that made me feel like I wasn't a regular person anymore."

A couple of months down the line, Caroline read an announcement of the Nanny Angel Network's opening in Kingston and immediately looked it up. At first, she was worried that the program would be unavailable to her teenagers but was pleasantly surprised when her social worker explained that NAN provided services for kids up to the age of 16. She encouraged Caroline to reach out to the organization and to register the kids for the Ronda Green Camp Program for Children.

Caroline's family were paired with Nancy as their Nanny Angel. Nancy developed a great connection with all of Caroline's kids and would creatively put together activities tailored to each child. Nancy would bake delicious treats with them and even went as far as taking each of the kids to their own special events like a musical or a baseball game. Caroline's nine-year-old daughter Elizabeth was so close to Nancy that she would call her via facetime so they could decide on her outfits for school together.





Even though Caroline felt she had communicated her cancer diagnosis to her children in a manner that they could all understand, she discovered that it was still a challenge for them to comprehend the extent of her illness. "My 13-year-old son Alex was going with his Nanny Angel to see the musical 'Come from Away', and he took a selfie with sunglasses which had a logo of the Shine Thru the Rain foundation. One of his friends saw it, curiously looked it up and pointed out the section that stated 'for terminal illness'. There was something different about me saying I would die one day with cancer and my son hearing terminal, that frightened him. And at that moment, he became concerned about when this was happening."

In moments like this a Nanny Angel can help a child cope with their feelings of uncertainty and fear. When Caroline's 9-year-old son battled anxiety, the Nanny Angel was there to help him through it. "Nancy is a genuinely caring person who had training about cancer and was able to speak to the kids about it. I had great confidence in Nancy, and she brought such positive energy to the family. I felt like I could take a break knowing that I had someone who loves the kids and wasn't encumbered by the emotional aspect that is prevalent with family."

Caroline is so thankful to the Nanny Angel Network for not only providing a wealth of resources to the moms and the Nanny Angels but also to the kids. Her sons learned how to sail after going to camp and had something to look forward to next summer. As her son Alex shared, "I had a lot of fun with Nancy. She had a lot of recipes, and we would bake together. I also enjoyed going to see the musical in Toronto. It was like having a potential best friend that understood what I was going through and how painful this experience can be".

For Caroline, the Nanny Angel Network's ability to intuitively identify what is most important to families dealing with cancer and create various programs to provide that much needed support is nothing short of incredible. "It is hard to know how to help. Cancer is so devastating, and you don't get to pause life to deal with it. But with the help of the Nanny Angel Network, the other additional pieces of my life are supported. How lucky am I that the Nanny Angel Network is in Kingston? Our family truly would be missing out if it was not here."

2019 GALA





2019 GALA





OUR VOLUNTEERS

Answering the Call: Milena's Story

Milena Moncada knows that being a Nanny Angel means making a deep commitment to providing care and compassion to children in need. Ten years ago, Milena had lost her dad and best friend to cancer. It was a devastating experience, and she struggled with dealing with the accompanying grief for several years.

After overcoming this trauma, Milena knew she wanted to give back to her community by supporting families going through similar experiences.

Milena worked as a sales manager at a car dealership. Although her job allowed her to utilize her people skills, she yearned for a more rewarding experience. That opportunity came once she retired. She began volunteering at organizations that provided support to families in her community. Drawing on her experience as the primary caregiver to her 95-year-old mother, she became a volunteer at Hospice Vaughan. And she provided support to children through a local after school program.

She learned about the Nanny Angel Network after being invited to a NAN event by one of her friends, and it was love at first sight. Milena was blown away by the warm and caring atmosphere among the volunteers and immediately knew that she wanted to be a part of it. She could appreciate how important childcare support was for moms who had cancer and thought she could be of help.



Milena knew she was going to fit in at the Nanny Angel Network and couldn't wait to get started. After completing a screening and the Nanny Angel training program, she soon began providing support to a young mom of three kids. The kids warmed up to her and they became best of friends. They would go on nature walks, lunch dates, and create beautiful crafts together.

Unfortunately, the mom Milena was supporting passed away, and it was difficult for the kids to adjust to their new reality. Thankfully, Milena was there to help them through the grieving process. "I remember going to see the kids after the funeral, and 9-year old Amanda ran up to me and gave me a big hug. And I said to her, 'do you want anything or have any questions to ask.' And she replied, 'Can you just hug me?' Something so simple as a hug went a long way in reassuring her that things were going to be okay."

Although it was overwhelming at first for the kids, they soon began opening-up to Milena about their mother. They were able to comfortably initiate discussions about their mom knowing that they were in a safe space. They enjoyed highlighting similarities Milena had with their mom, including her taste in ice cream or specialty drinks. Milena felt like she was able to help the kids get through a very traumatic experience in their lives.

"The kids were very special to me. I was very fortunate to be a part of their lives and family. Supporting these families and helping them through challenging times is truly a rewarding experience."

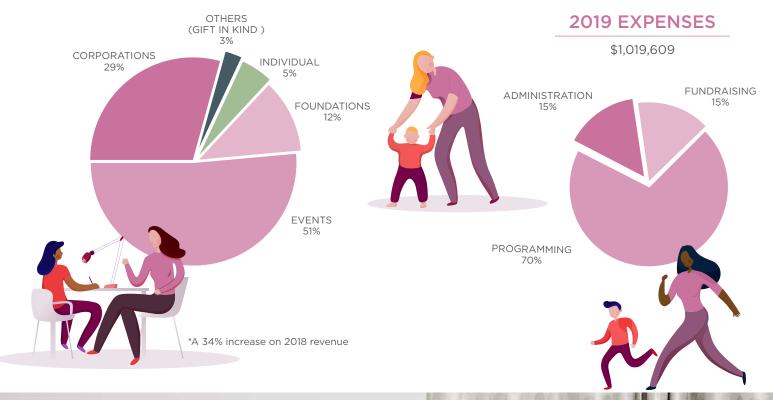


2019 FINANCIALS

Thanks to the generous support of our donors, every dollar raised helps support our mission to lessen the impact of cancer on families.

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\$1,482,409*





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